QUESTIONS OR COMMENTS

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AUSTRIA	0800 - SAMSUNG (0800 - 7267864)	www.samsung.com/at/support
BELGIUM	02-201-24-18	www.samsung.com/be/support (Dutch) www.samsung.com/be_fr/support (French)
DENMARK	70 70 19 70	www.samsung.com/dk/support
FINLAND	030-6227 515	www.samsung.com/fi/support
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GERMANY	0180 6 SAMSUNG bzw. 0180 6 7267864* (*0,20 €/Anruf aus dem dt. Festnetz, aus dem Mobilfunk max. 0,60 €/Anruf)	www.samsung.com/de/support
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DE68-04334B-01

Microwave Oven

User manual

MC32J7035**

Please be advised that the Samsung warranty does NOT cover service calls to explain product operation, correct improper installation, or perform normal cleaning or maintenance.

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Using this user manual

You have just purchased a SAMSUNG microwave oven. Your Owner's Instructions contains valuable information on cooking with your microwave oven:

- Safety precautions
- Suitable accessories and cookware
- Useful cooking tips
- Cooking tips

The following symbols are used in this User Manual:

⚠ WARNING

Hazards or unsafe practices that may result in **severe personal injury or death**.

⚠ CAUTION

Hazards or unsafe practices that may result in **minor personal injury or property damage**.

NOTE

Useful tips, recommendations, or information that helps users manipulate the product.

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Safety instructions

IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

MAKE SURE THAT THESE SAFETY PRECAUTIONS ARE OBEYED AT ALL TIMES.

BEFORE USING THE OVEN, CONFIRM THAT THE FOLLOWING INSTRUCTIONS ARE FOLLOWED.

Microwave function only

WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

WARNING: It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

This appliance is intended to be used in household only and it is not intended to be used such as:

- staff kitchen areas in shops, offices and other working environments;
- farm houses;
- by clients in hotels, motels and other residential environments;
- bed and breakfast type environments.

WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

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Safety instructions

WARNING: This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.

Only use utensils that are suitable for use in microwave ovens.

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.

The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.

If smoke is emitted (observed), switch off or unplug the appliance and keep the door closed in order to stifle any flames.

WARNING: Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

WARNING: The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.

The oven should be cleaned regularly and any food deposits removed.

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Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

The appliance is not intended for installing in road vehicles, caravans and similar vehicles etc.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

The appliance should not be cleaned with a water jet.

This oven should be positioned proper direction and height permitting easy access to cavity and control area.

Before using the your oven first time, oven should be operated with the water during 10 minute and then used.

If the oven generates a strange noise, a burning smell, or smoke is emitted, unplug the power plug immediately and contact your nearest service center.

The microwave oven has to be positioned so that plug is accessible.

The microwave oven is intended to be used on the counter top (freestanding) use only, the microwave oven shall not be placed in a cabinet.

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Safety instructions

Oven function only - Optional

WARNING: When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.

During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.

WARNING: Accessible parts may become hot during use. Young children should be kept away.

A steam cleaner is not to be used.

WARNING: Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.

Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

WARNING: The appliance and its accessible parts become hot during use.

Care should be taken to avoid touching heating elements.

Children less than 8 years of age shall be kept away unless continuously supervised.

This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

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The temperature of accessible surfaces may be high when the appliance is operating.

The door or the outer surface may get hot when the appliance is operating.

Keep the appliance and its cord out of reach of children less than 8 years.

Appliances are not intended to be operated by means of an external timer or separate remote-control system.

General safety

⚠ WARNING

Only qualified staff should be allowed to modify or repair the appliance.

Do not heat liquids and other food in sealed containers for microwave function.

For your safety, do not use high-pressure water cleaners or steam jet cleaners.

Do not install this appliance; near heater, inflammable material; in a humid, oily or dusty location, in a location exposed to direct sunlight and water or where gas may leak; on un level ground.

This appliance must be properly grounded in accordance with local and national codes.

Remove all foreign substances such as dust or water from the power plug terminals and contact points using a dry cloth on a regular basis.

Do not pull or excessively bend or place heavy objecton the power cord.

In the event of a gas leak (such as propane gas, LP gas, etc.), ventilate immediately without touching the power plug.

Do not touch the power plug with wet hands.

Do not turn the appliance off by unplugging the power plug while an operation is in progress.

Do not insert fingers or foreign substances, If any foreign substance such as water has entered the appliance, unplug the power plug and contact your nearest service centre.

Do not apply excessive pressure or impact to the appliance.

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Safety instructions

Do not place the oven over a fragile object such as a sink or glass object.

Do not use benzene, thinner, alcohol, steam cleaner or high pressure cleaner to clean the appliance.

Ensure that the power voltage, frequency and current are the same as those of the product specifications.

Plug the power plug into the wall socket firmly. Do not use a multiple plug adapter, an extension cord or an electric transformer.

Do not hook the power cord on a metal object, insert the power cord between the objects or behind the oven.

Do not use a damaged power plug, damaged power cord or loose wall socket. When the power plug or power cord is damaged, contact your nearest service centre.

Do not pour or directly spray water onto the oven.

Do not place objects on the oven, inside or on the door of the oven.

Do not spray volatile material such as insecticide onto the surface of the oven.

Do not store flammable materials in the oven. Take special care when heating dishes or drinks that contain alcohol as alcohol vapours may contact a hot part of the oven.

Keep children away from the door when opening or closing it as they may bump themselves on the door or catch their fingers in the door.

WARNING: Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container; To prevent this situation ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize. Stir during heating, if necessary, and ALWAYS stir after heating.

In the event of scalding, follow these FIRST AID instructions:

- Immerse the scalded area in cold water for at least 10 minutes.
- Cover with a clean, dry dressing.
- Do not apply any creams, oils or lotions.

Do not put the tray or rack in water shortly after cooking because it may cause breakage or damage of the tray or rack.

Do not operate the microwave oven for deep fat frying because the oil temperature cannot be controlled. This could result in a sudden boil over of the hot liquid.

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⚠ CAUTION

Only use utensils that are suitable for use in microwave ovens; DO NOT use any metallic containers, Dinnerware with gold or silver trimmings, Skewers, forks, etc.

Remove wire twist ties from paper or plastic bags.

Reason: Electric arcing or sparking may occur and may damage the oven.

Do not use your microwave oven to dry papers or clothes.

Use shorter times for smaller amounts of food to prevent overheating and burning food.

Do not immerse the power cable or power plug in water and keep the power cable away from heat.

Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended; Also do not heat airtight or vacuum-sealed bottles, jars, containers, nuts inshells, tomatoes etc.

Do not cover the ventilation slots with cloth or paper. They may catch fire as hot air escapes from the oven. The oven may also overheat and switch itself off automatically, and will remain off until it cools sufficiently.

Always use oven mitts when removing a dish from the oven to avoid unintentional burns.

Stir liquids halfway during heating or after heating ends and allow the liquid stand at least 20 seconds after heating to prevent eruptive boiling.

Stand at arms length from the oven when opening the door to avoid getting scalded by escaping hot air or steam.

Do not operate the microwave oven when it is empty. The microwave oven will automatically shut down for 30 minutes for safety purposes. We recommend placing a glass of water inside the oven at all times to absorb microwave energy in case the microwave oven is started accidentally.

Install the oven in compliance with the clearances stated in this manual. (See installing your microwave oven.)

Take care when connecting other electrical appliances to sockets near the oven.

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Safety instructions

Precautions to avoid possible exposure to excessive microwave energy. (Microwave function only)

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

A. Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.

B. Do NOT place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.

C. Do NOT operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer. It is particularly important that the oven door closes properly and that there is no damage to the:

1) door (bent)

2) door hinges (broken or loose)

3) door seals and sealing surfaces

D. The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.

Samsung will charge a repair fee for replacing an accessory or repairing a cosmetic defect if the damage to the unit and/or damage to or loss of the accessory was caused by the customer. Items this stipulation covers include:

A. A dented, scratched, or broken door, handle, out-panel, or control panel.

B. A broken or missing tray, guide roller, coupler, or wire rack.

- Use this appliance only for its intended purpose as described in this instruction manual. Warnings and Important Safety Instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining, and operating your appliance.
- Because these following operating instructions cover various models, the characteristics of your microwave oven may differ slightly from those described in this manual and not all warning signs may be applicable. If you have any questions or concerns, contact your nearest service centre or find help and information online at www.samsung.com.
- This microwave oven is supposed for heating food. It is intended for domestic home-use only. Do not heat any type of textiles or cushions filled with grains, which could cause burns and fire. The manufacturer cannot be held liable for damage caused by improper or incorrect use of the appliance.

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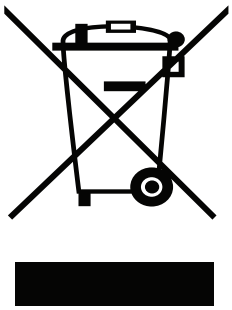
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possible result in a hazardous situation.

Product group definition

This product is a Group 2 Class B ISM equipment. The definition of group 2 which contains all ISM equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and EDM and arc welding equipment.

For Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.

Correct Disposal of This Product (Waste Electrical & Electronic Equipment)



(Applicable in countries with separate collection systems)

This marking on the product, accessories or literature indicates that the product and its electronic accessories (e.g. charger, headset, USB cable) should not be disposed of with other household waste at the end of their working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate these items from other types of waste and recycle them responsibly to promote the sustainable reuse of material resources.

Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can take these items for environmentally safe recycling.

Business users should contact their supplier and check the terms and conditions of the purchase contract. This product and its electronic accessories should not be mixed with other commercial wastes for disposal.

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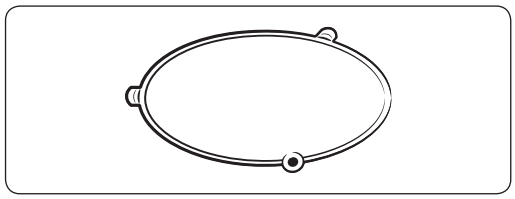
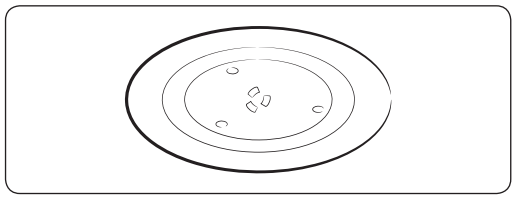
Installation

Accessories

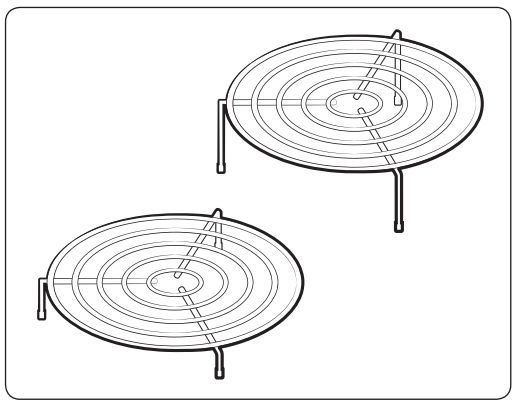
Depending on the model that you have purchased, you are supplied with several accessories that can be used in a variety of ways.



01 Roller ring, to be placed in the centre of the oven.
Purpose: The roller ring supports the turntable.



02 Turntable, to be placed on the roller ring with the centre fitting on to the coupler.
Purpose: The turntable serves as the main cooking surface; it can be easily removed for cleaning.



03 High rack, **Low rack**, to be placed on the turntable.
Purpose: The metal racks can be used to cook two dishes at the same time. A small dish may be placed on the turntable and a second dish on the rack. **The metal racks can be used in grill, convection and combination cooking.**

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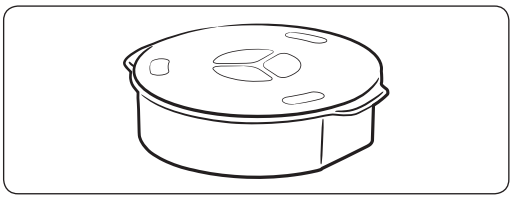

04 Plate warming bowl, see page 44.

Purpose: The plate warming bowl when using the plate warming function in warming mode.

☛ IMPORTANT

DO NOT operate the microwave oven without the roller ring and turntable.

☛ IMPORTANT

DO NOT operate the **MW/Grill/ Convection/Combi** mode with plate warm only use for Plate warming function in Warming mode.

Operation Mode	Warming Mode	MW/Grill/ Convection/ Combi
Plate warming bowl	**O**	**X**

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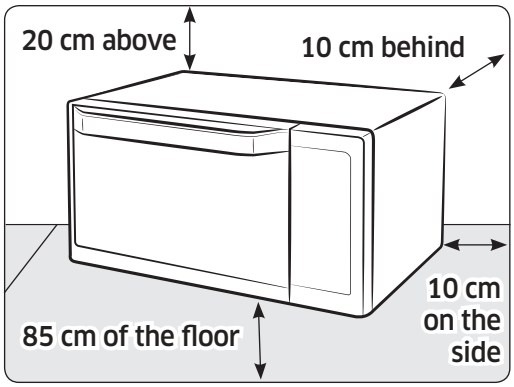
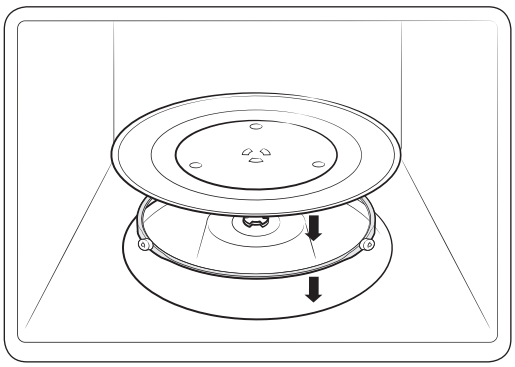
Installation

Installation site



- Select a flat, level surface approx. 85 cm above the floor. The surface must support the weight of the oven.
- Secure room for ventilation, at least 10 cm from the rear wall and both sides, and 20 cm from above.
- Do not install the oven in hot or damp surroundings, such as next to other microwave ovens or radiators.
- Conform to the power supply specifications of this oven. Use only approved extension cables if you need to use.
- Wipe the interior and the door seal with a damp cloth before using your oven for the first time.

Turntable



Remove all packing materials inside the oven. Install the roller ring and turntable. Check that the turntable rotates freely.

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Maintenance

Cleaning

Clean the oven regularly to prevent impurities from building up on or inside the oven. Also pay special attention to the door, door sealing, and turntable and roller ring (applicable models only).

If the door won't open or close smoothly, first check if the door seals have built up impurities. Use a soft cloth in soapy water to clean both the inner and outer sides of the oven. Rinse and dry well.

To remove stubborn impurities with bad smells from inside the oven

1. With an empty oven, put a cup of diluted lemon juice on the centre of the turntable.

2. Heat the oven for 10 minutes at max power.

3. When the cycle is complete, wait until the oven cools down. Then, open the door and clean the cooking chamber.

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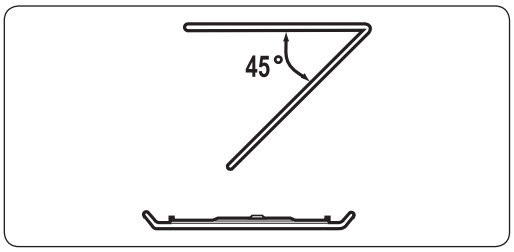
Maintenance

To clean inside swing-heater models



To clean the upper area of the cooking chamber, lower the top heating element by 45° as shown. This will help clean the upper area. When done, reposition the top heating element.

⚠ CAUTION

- Keep the door and door sealing clean and ensure the door opens and closes smoothly. Otherwise, the oven's lifecycle may be shortened.
- Take caution not to spill water into the oven vents.
- Do not use any abrasive or chemical substances for cleaning.
- After each use of the oven, use a mild detergent to clean the cooking chamber after waiting for the oven to cool down.

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Replacement (repair)

⚠ WARNING

This oven has no user-removable parts inside. Do not try to replace or repair the oven yourself.

- If you encounter a problem with hinges, sealing, and/or the door, contact a qualified technician or a local Samsung service centre for technical assistance.
- If you want to replace the light bulb, contact a local Samsung service centre. Do not replace it yourself.
- If you encounter a problem with the outer housing of the oven, first unplug the power cord from the power source, and then contact a local Samsung service centre.

Care against an extended period of disuse

- If you don't use the oven for an extended period of time, unplug the power cord and move the oven to a dry, dust-free location. Dust and moisture that builds up inside the oven may affect the performance of the oven.

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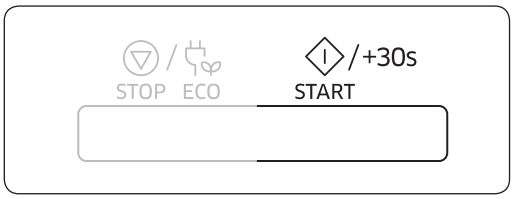
Quick look-up guide

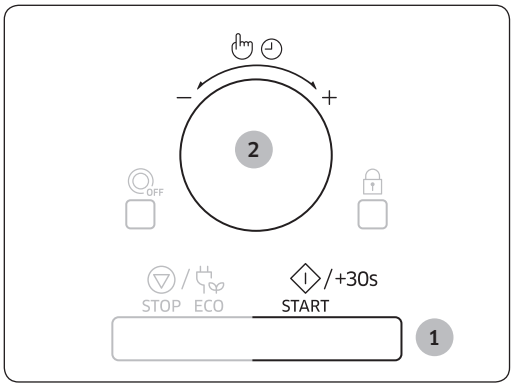


If you want to cook some food.

Place the food in the oven. Press the **START/+30s** button.

Result: Cooking starts. When it has finished.

1) The oven beeps 4 times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.



If you want to add an extra 30 seconds.

1. Press **START/+30s** button one or more times for each extra 30 seconds that you wish to add.
2. By turning the **Multi Function Selector Dial**, You can set the time as you want.

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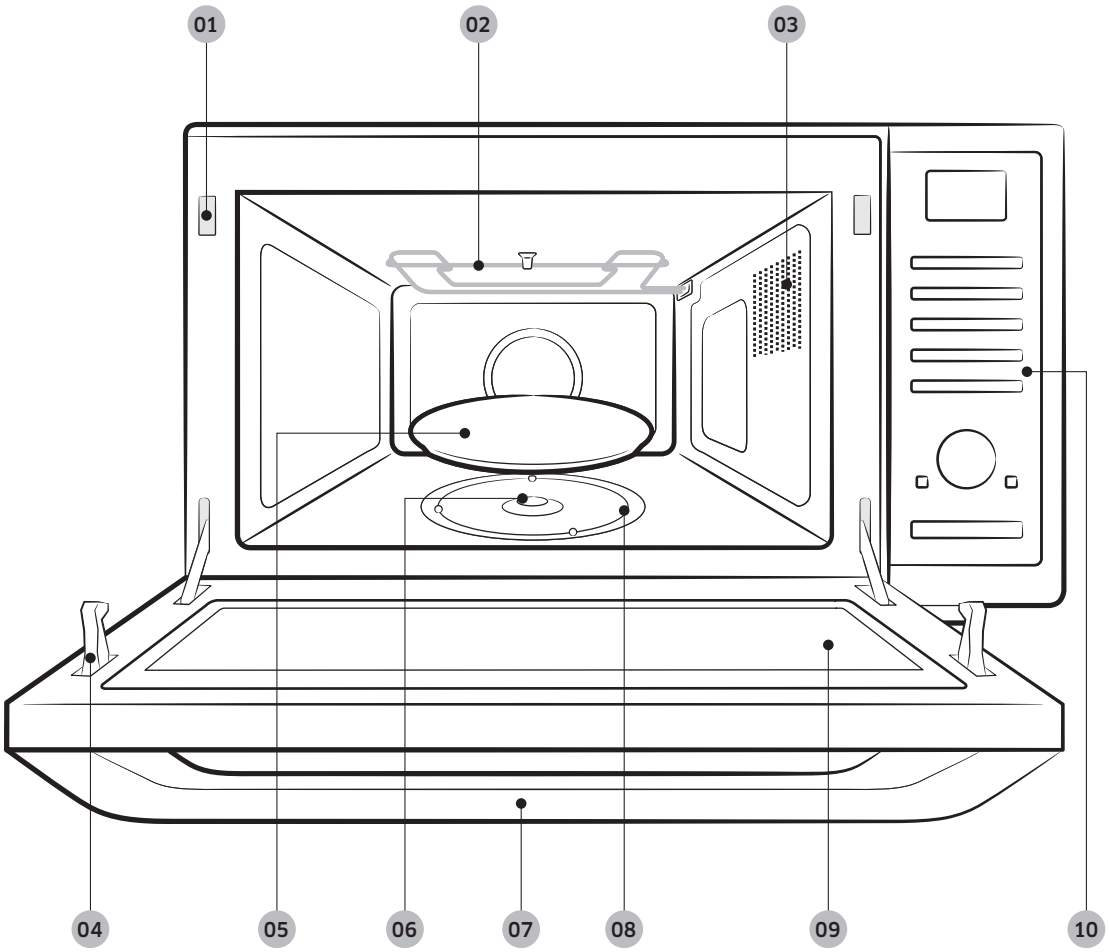
Oven features

Oven



01 Safety interlock holes
02 Heating element
03 Ventilation holes
04 Door latches
05 Turntable
06 Coupler
07 Door handle
08 Roller ring
09 Door
10 Control panel

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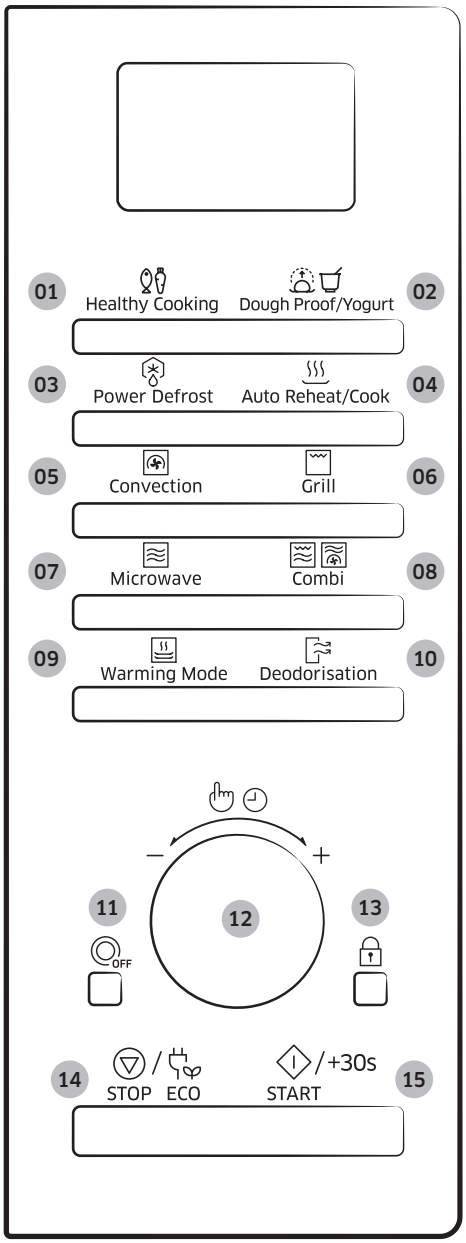
Oven features

Control panel



01 Healthy Cooking Button
02 Dough Proof/Yogurt Button
03 Power Defrost Button
04 Auto Reheat/Cook Button
05 Convection Button
06 Grill Button
07 Microwave Button
08 Combi Button
09 Warming Mode Button
10 Deodorisation Button
11 Turntable On/Off Button
12 Multi Function Selector Dial
13 Child Lock Button
14 Stop/Eco Button
15 Start/+30s Button

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Oven use

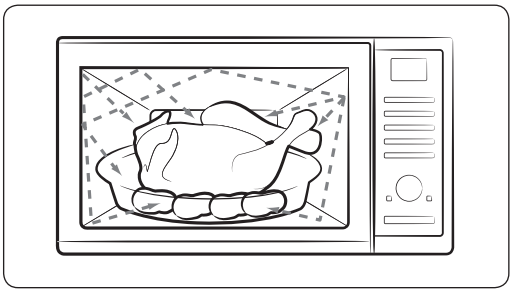
How a microwave oven works

Microwaves are high-frequency electromagnetic waves; the energy released enables food to be cooked or reheated without changing either the form or the colour.

You can use your microwave oven to:

- Defrost
- Reheat
- Cook

Cooking principle.



1. The microwaves generated by the magnetron reflected at cavity and are distributed uniformly as the food rotates on the turntable. The food is thus cooked evenly.
2. The microwaves are absorbed by the food up to a depth of about 1 inch (2.5 cm). Cooking then continues as the heat is dissipated within the food.
3. Cooking times vary according to the container used and the properties of the food:
   - Quantity and density
   - Water content
   - Initial temperature (refrigerated or not)

☛ IMPORTANT

As the centre of the food is cooked by heat dissipation, cooking continues even when you have taken the food out of the oven. Standing times specified in recipes and in this booklet must therefore be respected to ensure:

- Even cooking of the food right to the centre.
- The same temperature throughout the food.

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Oven use

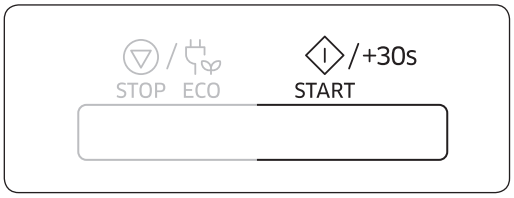
Checking that your oven is operating correctly

The following simple procedure enables you to check that your oven is working correctly at all times. If you are in doubt, refer to the section entitled “Troubleshooting” on the page 69-73.

NOTE

The oven must be plugged into an appropriate wall socket. The turntable must be in position in the oven. If a power level other than the maximum (100 % - 900 W) is used, the water takes longer to boil.

Open the oven door by pulling the handle on the upper side of the door.
Place a glass of water on the turntable.
Close the door.



Press the **START/+30s** button and set the time to 4 or 5 minutes, by pressing the **START/+30s** button the appropriate number of times.

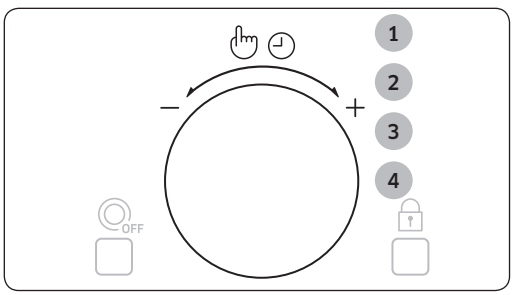
Result: The oven heats the water for 4 or 5 minutes. The water should then be boiling.

Setting the time

When power is supplied, “88:88” and then “12:00” is automatically displayed on the display.

Please set the current time. The time can be displayed in either the 24-hour or 12-hour notation. You must set the clock:

- When you first install your microwave oven
- After a power failure



NOTE

Do not forget to reset the clock when you switch to and from summer and winter time.

1. Press the **Multi Function Selector Dial**.
2. Turn the **Multi Function Selector Dial** to set time display type. (12H or 24H)
3. Press the **Multi Function Selector Dial** to complete the setup.
4. Turn the **Multi Function Selector Dial** to set the hour.

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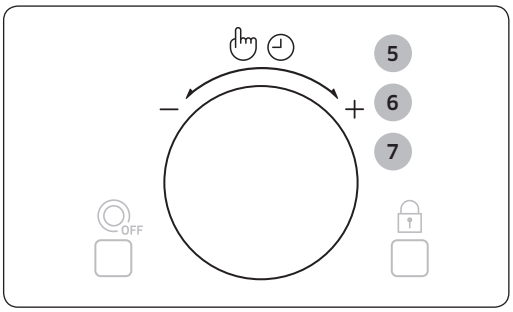


5. Press the **Multi Function Selector Dial**.
6. Turn the **Multi Function Selector Dial** to set the minute.
7. When the right time is displayed, press the **Multi Function Selector Dial** to start the clock.

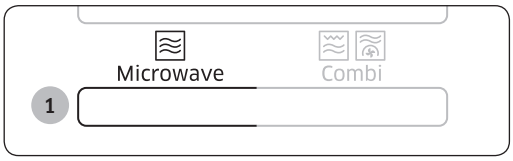
   Result: The time is displayed whenever you are not using the microwave oven.

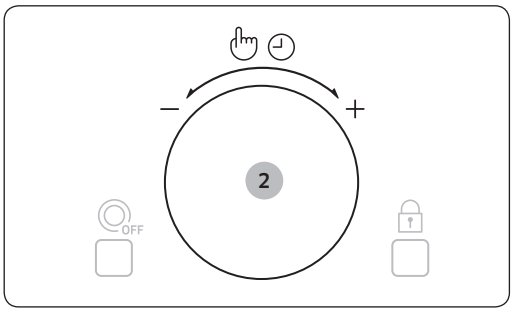
Cooking/Reheating

The following procedure explains how to cook or reheat food.

☛ **IMPORTANT**

ALWAYS check your cooking settings before leaving the oven unattended.





Open the door. Place the food in the centre of the turntable. Close the door. Never switch the microwave oven on when it is empty.

1. Press the **Microwave** button.

   Result: The following indications are displayed:

   (microwave mode)

2. Turn the **Multi Function Selector Dial** until the appropriate power level is displayed. At that time, press the **Multi Function Selector Dial** to set the power level.
   - If don't set the power level within 5 seconds, Automatically changes to the cooking time setting stage.

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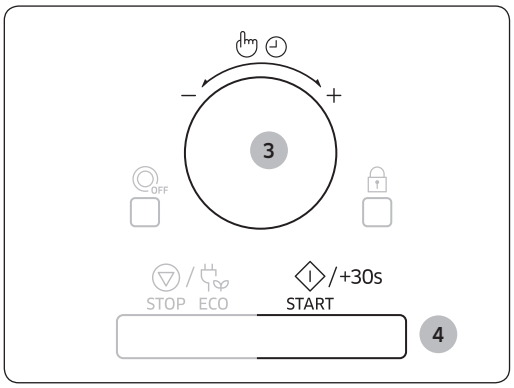
Oven use



3. Set the cooking time by turning the **Multi Function Selector Dial**.
Result: The cooking time is displayed.

4. Press the **START/+30s** button.
Result: The oven light comes on and the turntable starts rotating. Cooking starts. When it has finished.

1) The oven beeps 4 times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Power levels and time variations

The power level function enables you to adapt the amount of energy dissipated and thus the time required to cook or reheat your food, according to its type and quantity.
You can choose between six power levels.

Power level	Percentage	Output
HIGH	100 %	900 W
MEDIUM HIGH	67 %	600 W
MEDIUM	50 %	450 W
MEDIUM LOW	33 %	300 W
DEFROST	20 %	180 W
LOW	11 %	100 W

The cooking times given in recipes and in this booklet correspond to the specific power level indicated.

If you select a...	Then the cooking time must be...
Higher power level	Decreased
Lower power level	Increased

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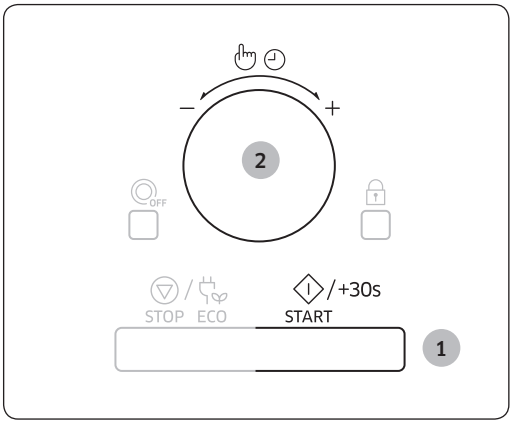
Adjusting the cooking time

You can increase the cooking time by pressing the **START/+30s** button once for each 30 seconds to be added.

- Check how cooking is progressing at any time simply by opening the door
- Increase the remaining cooking time



Method 1

To increase the cooking time of your food during cooking, press the **START/+30s** button once for each 30 seconds that you wish to add.

- Example: To add three minutes, press the **START/+30s** button six times.

Method 2

Just turning **Multi Function Selector Dial** to adjust cooking time.

- To increase cooking time, turn to right and to decrease cooking time, turn to left.

Stopping the cooking

You can stop cooking at any time so that you can:

- Check the food
- Turn the food over or stir it
- Leave it to stand

To stop the cooking...	Then...
Temporarily	Temporarily : Open the door or press the **STOP/ECO** button once. **Result:** Cooking stops. To resume cooking, close the door again and press the **START/+30s** button.
Completely	Completely : Press the **STOP/ECO** button once. **Result:** Cooking stops. If you wish to cancel the cooking settings, press the **STOP/ECO** button again.

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Oven use

Setting the energy save mode

The oven has an energy save mode.

- Press the **STOP/ECO** button.
  Result: Display off.
- To remove energy save mode, open the door or press the **STOP/ECO** button and then display shows current time. The oven is ready for use.

NOTE

Auto energy saving function
If you do not select any function when appliance is in the middle of setting or operating with temporary stop condition, function is canceled and clock will be displayed after 25 minutes.
Oven Lamp will be turned off after 5 minutes with door open condition.

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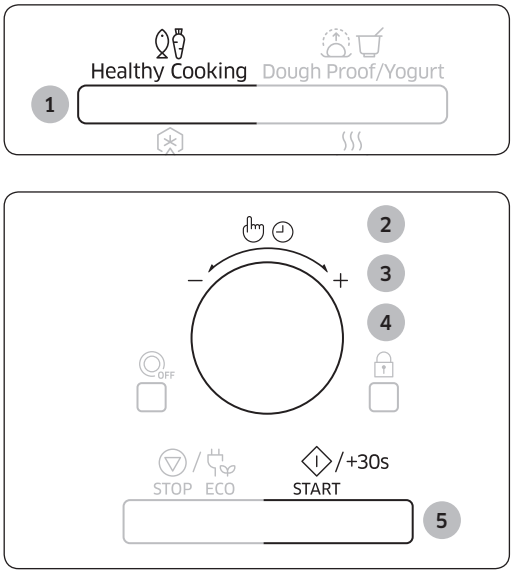
Using the healthy cooking features

The 15 **Healthy Cooking** features provide pre-programmed cooking times.
You do not need to set either the cooking times or the power level.
You can adjust the size of the serving by turning the **Multi Function Selector Dial**.

☛ **IMPORTANT**

Use only recipients that are microwave-safe.



Open the door. Place the food in the centre of the turntable. Close the door.

1. Press the **Healthy Cooking** button.
2. Select the category of food by turning the **Multi Function Selector Dial** and press the **Multi Function Selector Dial**.
   1) Grain/Pasta
   2) Vegetables
   3) Poultry/Fish
3. Select the type of food that you are cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the various pre-programmed settings. At that time, press the **Multi Function Selector Dial** to select the type of food.
4. Select the size of the serving by turning the **Multi Function Selector Dial**.
5. Press the **START/+30s** button.
   Result: The food is cooked according to the pre-programmed setting selected.
   When it has finished.
   1) The oven beeps 4 times.
   2) The end reminder signal will beep 3 times (once every minute).
   3) The current time is displayed again.

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Oven use

Healthy cooking guide

The following table presents quantities and appropriate instructions about 15 **Healthy Cooking** programmes. This is composed of Grain/Pasta(1), Vegetables(2) and Poultry/Fish(3).

☛ **IMPORTANT**

Use oven gloves when taking out food.

1. Grain/Pasta

Code/Food	Serving Size	Instructions
1-1 Brown Rice	150-200 g 200-250 g	Use a large glass ovenware dish with lid. Add cold water of double quantity. Cook covered. Stir before standing time and add salt and herbs. Stand for 5-10 minutes.
1-2 Quinoa	150-200 g 200-250 g	Use a large glass ovenware dish with lid. Add cold water of double quantity. Cook covered. Stir before standing time and add salt and herbs. Stand for 1-3 minutes.
1-3 Macaroni	100-150 g 200-250 g	Use a large glass ovenware dish with lid. Add hot boiling water of 4 times, a pinch of salt and stir well. Cook uncovered. Stir before standing time and drain thoroughly afterwards. Stand for 1-3 minutes.

2. Vegetables

Code/Food	Serving Size	Instructions
2-1 Green Beans	200-250 g 300-350 g	Rinse and clean green beans. Put them evenly into a glass bowl with lid. Add 30 ml (2 tbsp) water when cooking for 200-250 g and add 45 ml (3 tbsp) for 300-350 g. Put bowl in the centre of turntable. Cook covered. Stir after cooking. Stand for 1-2 minutes.
2-2 Spinach	100-150 g 200-250 g	Rinse and clean spinach. Put into a glass bowl with lid. Do not add water. Put bowl in the centre of turntable. Cook covered. Stir after cooking. Stand for 1-2 minutes.
2-3 Peeled Potatoes	300-350 g 400-450 g 500-550 g	Wash and peel potatoes, cut into halves and put into a glass bowl with lid. Add 15-30 ml of water (1-2 tbsp). Stir after cooking. When cooking higher quantities stir once during cooking. Stand for 3-5 minutes.
2-4 Potatoes Gratin	400-450 g 800-850 g	Put the fresh potato gratin into a glass pyrex dish. Put the dish on the low rack. Stand for 2-3 minutes.

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Code/Food	Serving Size	Instructions
2-5 Grilled Eggplants	100-150 g 200-250 g	Rinse and slice eggplants. Brush with oil and spices. Put slices evenly on the high rack. Turnover after beep sounds. Press start to continue (The oven keeps operating if you do not turnover). Stand for 1-2 minutes.
2-6 Grilled Tomatoes	400-450 g 600-650 g	Rinse and clean tomatoes. Cut them into halves and put in an ovenware dish. Add grated cheese on top. Put dish on the high rack. Stand for 1-2 minutes.

3. Poultry/Fish

Code/Food	Serving Size	Instructions
3-1 Chicken Breasts	300-350 g 400-450 g	Rinse chicken breast and put on a ceramic plate. Cover with microwave cling film and pierce film. Put dish on the turntable. Stand for 2 minutes.
3-2 Turkey Breasts	300-350 g 400-450 g	Rinse turkey breast and put on deep glass ovenware dish. Cover with microwave cling film and pierce film. Put dish on the turntable. Stand for 2 minutes.
3-3 Grilled Chicken Breasts	300-350 g 400-450 g	Rinse chicken breast, marinate and put them on the high rack. Turnover as soon as the beep sounds. Stand for 2 minutes.
3-4 Grilled Fish Fillets	200-300 g 400-500 g	Put fish fillets evenly on the high rack. Turnover as soon as the beep sounds. Stand for 1-2 minutes.
3-5 Grilled Salmon Steaks	200-250 g 300-350 g	Put fish steaks evenly on the high rack. Turnover as soon as the beep sounds. Stand for 2 minutes.
3-6 Roast Fish	300-350 g 400-500 g	Brush skin of whole fish (trout or gilthead) with oil and add herbs and spices. Put fish side by side, head to tail on the high rack. Turnover as soon as the beep sounds. Stand for 3 minutes.

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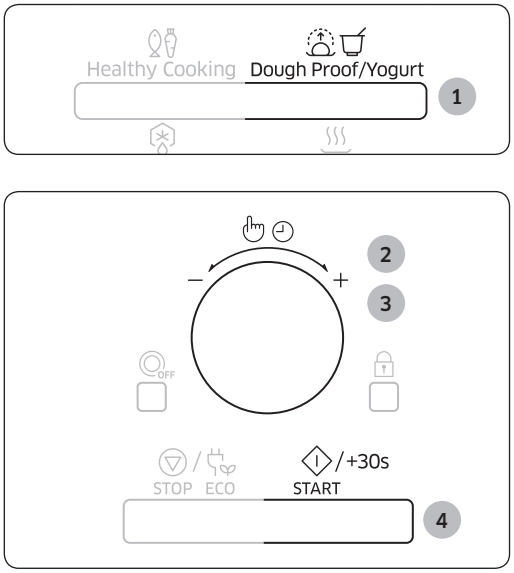
Oven use

Using the dough proof/yogurt features

The 5 **Dough Proof/Yogurt** features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level.
You can adjust the dough proof/yogurt category by turning the **Multi Function Selector Dial** after press the **Dough Proof/Yogurt** button.

First, place the food in the centre of the turntable and close the door.



1. Press the **Dough Proof/Yogurt** button.
2. Select the Dough Proof or Yogurt and press the **Multi Function Selector Dial**.
   1) Dough proof
   2) Yogurt
3. Select the type of food that you are cooking by turning the **Multi Function Selector Dial**. You have to choose the number that you want to use for cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the various pre-programmed settings. At that time, press the **Multi Function Selector Dial** to select the type of food.
4. Press the **START/+30s** button.

☛ **IMPORTANT**

Turntable is not operating during yogurt cooking.

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Dough proof/yogurt gide

The following table presents how to use the auto programmes for rising yeast dough or homemade yogurt.

1. Dough Proof

Code/Food	Serving Size	Instructions
1-1 Pizza Dough	300-500 g	Put dough in suitable sized bowl and set on the low rack. Cover with aluminium foil.
1-2 Cake Dough	500-800 g	Put dough in suitable sized bowl and set on the low rack. Cover with aluminium foil.
1-3 Bread Dough	600-900 g	Put dough in suitable sized bowl and set on the low rack. Cover with aluminium foil.

2. Homemade Yogurt

Code/Food	Serving Size	Instructions
2-1 Small Cups	500 g	Distribute 150 g natural yogurt into 5 ceramic cups or small glass jars evenly (30 g each). Add 100 ml milk into each cup. Use long-life milk (room-temperature; 3,5 % fat). Cover each with cling film and set in a circle on turntable. After finish, keep 6 hours in a refrigerator. For the first time we recommend to use dried yoghurt bacteria ferment.
2-2 Large Bowl	500 g	Mix 150 g natural yogurt with 500 ml long-life milk (room-temperature; 3,5 % fat). Pour evenly into large glass bowl. Cover with cling film and set on turntable. After finish, keep 6 hours in a refrigerator. For the first time we recommend to use dried yoghurt bacteria ferment.

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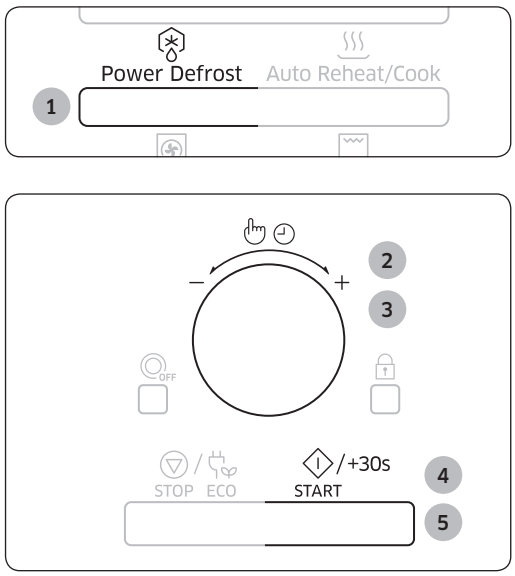
Oven use

Using the power defrost features

The **Power Defrost** features enable you to defrost meat, poultry, fish, bread/cake and fruit. The defrost time and power level are set automatically. You simply select the programme and the weight.

NOTE

Use only containers that are microwave-safe.



Open the door. Place the frozen food on a ceramic in the centre of the turntable. Close the door.

1. Press the **Power Defrost** button.
2. Select the type of food that you are cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the various pre-programmed settings. At that time, press the **Multi Function Selector Dial** to select the type of food.
3. Select the size of the serving by turning the **Multi Function Selector Dial**.
4. Press the **START/+30s** button.
   Result:
   - Defrosting begins.
   - The oven beeps through defrosting to remind you to turn the food over.
5. Press the **START/+30s** button again to finish defrosting.
   Result: When it has finished.
   1) The oven beeps 4 times.
   2) The end reminder signal will beep 3 times (once every minute).
   3) The current time is displayed again.

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Power defrost guide

The following table presents the various **Power Defrost** programmes, quantities and appropriate instructions. Remove all kind of package material before defrosting.
Place meat, poultry and fish on a flat glass plate or on a ceramic plate, arrange bread, cake and fruit on kitchen paper.

Code/Food	Serving Size	Instructions
1 Meat	200-1500 g	Shield the edges with aluminium foil. Turn the meat over, when the oven beeps. This programme is suitable for beef, lamb, pork, steaks, chops, minced meat. Stand for 20-90 minutes.
2 Poultry	200-1500 g	Shield the leg and wing tips with aluminium foil. Turn the poultry over, when the oven beeps. This programme is suitable for whole chicken as well as for chicken portions. Stand for 20-90 minutes.
3 Fish	200-1500 g	Shield the tail of a whole fish with aluminium foil. Turn the fish over, when the oven beeps. This programme is suitable for whole fishes as well as for fish fillets. Stand for 20-80 minutes.
4 Bread/Cake	125-1000 g	Put bread horizontally on a piece of kitchen paper and turn over, as soon as the oven beeps. Place cake on a ceramic plate and if possible, turn over, as soon as the oven beeps. (Oven keeps operating and is stopped, when you open the door.) This programme is suitable for all kinds of bread, sliced or whole, as well as for bread rolls and baguettes. Arrange bread rolls in a circle. This programme is suitable for all kinds of yeast cake, biscuit, cheese cake and puff pastry. It is not suitable for short/crust pastry, fruit and cream cakes as well as for cake with chocolate topping. Stand for 10-60 minutes.
5 Fruit	100-600 g	Spread fruits evenly into a flat glass dish. This programme is suitable for all kind of fruits. Stand for 5-20 minutes.

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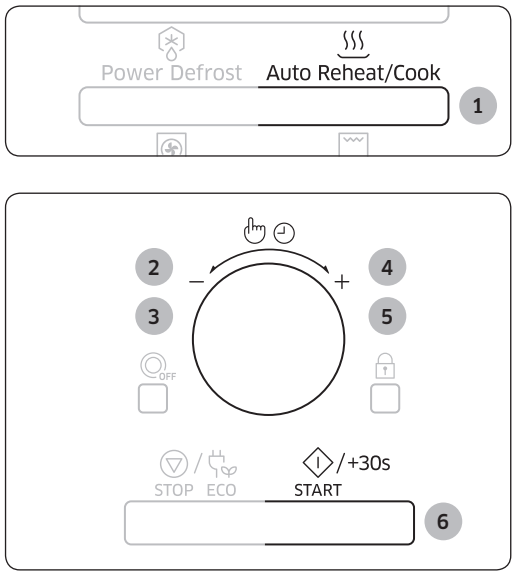
Oven use

Using the auto reheat/cook features

The 6 **Auto Reheat/Cook** features include/provide pre-programmed cooking times.
You do not need to set either the cooking times or the power level.
You can adjust the size of the serving by turning the **Multi Function Selector Dial**.

☛ IMPORTANT

Use only recipients that are microwave-safe.



Open the door. Place the food in the centre of the turntable. Close the door.

1. Press the **Auto Reheat/Cook** button.
2. Turn the **Multi Function Selector Dial** to select Cook category. (Auto Reheat or Auto Cook)
3. Select the Auto Reheat by pressing the **Multi Function Selector Dial**.
4. Select the type of food that you are cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the various pre-programmed settings. At that time, press the **Multi Function Selector Dial** to select the type of food.
5. Select the size of the serving by turning the **Multi Function Selector Dial**.
6. Press the **START/+30s** button.

   Result: The food is cooked according to the pre-programmed setting selected.
   When it has finished.

   1) The oven beeps 4 times.
   2) The end reminder signal will beep 3 times (once every minute).
   3) The current time is displayed again.

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Auto reheat/cook guide

The following table presents quantities and appropriate instructions for auto reheat and cook.

☛ **IMPORTANT**

Use oven gloves when taking out food.

1. Auto Reheat

Code/Food	Serving Size	Instructions
1-1 Ready Meal (Chilled)	300-350 g 400-450 g	Put on a ceramic plate and cover with microwave cling film. This programme is suitable for meals consisting of 3 components (e.g. meat with sauce, vegetables and a side dish like potatoes, rice or pasta). Stand for 2-3 minutes.
1-2 Frozen Pizza	300-350 g 400-450 g	Put frozen pizza on the low rack.
1-3 Frozen Lasagne	400-450 g 600-650 g	Put frozen lasagne into a suitable sized ovenproof dish. Put dish on low rack. Stand for 3-4 minutes.
1-4 Quiche (Chilled)	600-650 g	This program is suitable for refrigerated quiche. Remove a package and put on the dish. Place on turntable in oven. After cooking, stand for 1-2 minutes.

2. Auto Cook

Code/Food	Serving Size	Instructions
2-1 Roast Chicken	1100-1150 g 1200-1250 g	Brush chilled chicken with oil and spices. Put breast-side-down, in the middle of the low rack. Turnover, as soon as the oven beeps. Push START/+30s button to continue process. Stand for 5 minutes.
2-2 Muffins	250-300 g	Pour dough into 6-8 paper or silicone cups for muffins (each 45 g) and set on low rack. Start programme (oven is preheating). After beep sounds insert rack with food.

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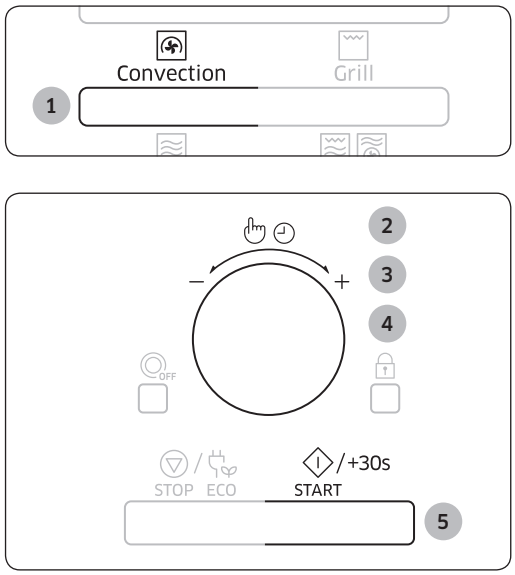
Oven use

Convection

The convection mode enables you to cook food in the same way as in a traditional oven. The microwave mode is not used. You can set the temperature, as required, in a range varying from 40 °C to 200 °C. The maximum cooking time is 60 minutes.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and browning, if you use the low rack.

Check that the heating element is in the horizontal position. Open the door and place the recipient on the low rack and set on turntable.



1. Press the **Convection** button.
   Result: The following indications are displayed:
   (convection mode)
   180 °C (temperature)
2. Set the temperature by turning the **Multi Function Selector Dial**.
   (Temperature : 40~200 °C, 10 °C interval)
   - If don't set the temperature within 5 seconds, Automatically changes to the cooking time setting stage.
3. Press the **Multi Function Selector Dial.**
4. Set the cooking time by turning the **Multi Function Selector Dial**.
   (If you want to preheat the oven, select " : 0")
5. Press the **START/+30s** button.
   Result: Cooking starts. When it has finished.
   1) The oven beeps 4 times.
   2) The end reminder signal will beep 3 times (once every minute).
   3) The current time is displayed again.

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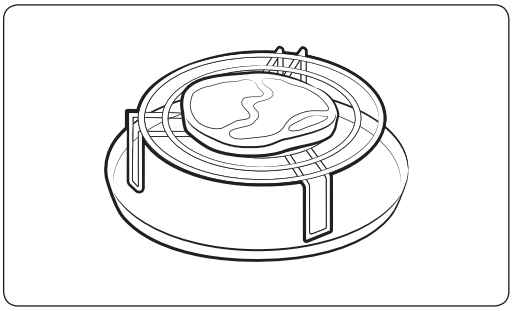
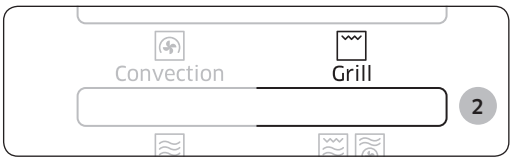
Grilling

The grill enables you to heat and brown food quickly, without using microwaves.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and grilling results, if you use the high rack.



1. Open the door and place the food on the rack.

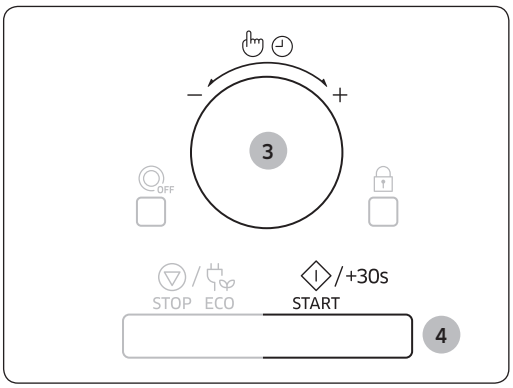


2. Press the **Grill** button.

Result: The following indications are displayed:

(grill mode)

- You cannot set the temperature of the grill.



3. Set the grilling time by turning the **Multi Function Selector Dial**.

- The maximum grilling time is 60 minutes.

4. Press the **START/+30s** button.

Result: Grilling starts. When it has finished.

1) The oven beeps 4 times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

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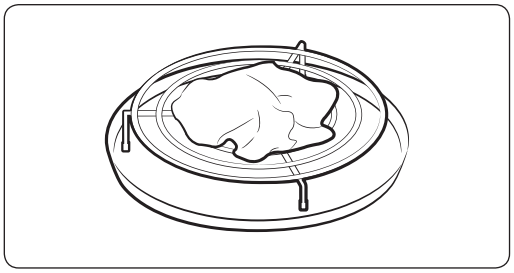
Oven use

Choosing the accessories



Traditional convection cooking does require cookware. You should, however, use only cookware that you would use in your normal oven.

Microwave-safe containers are not usually suitable for convection cooking; don't use plastic containers, dishes, paper cups, towels, etc.

If you wish to select a combined cooking mode (microwave and grill or convection), use only recipients that are microwave-safe and oven-proof.

☛ IMPORTANT

For further details on suitable cookware and utensils, refer to the Cookware Guide on page 50-51.

Combining microwaves and grill

You can also combine microwave cooking with the grill, to cook quickly and brown at the same time.

☛ IMPORTANT

ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.

☛ IMPORTANT

ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.
You can improve cooking and grilling, if you use the high rack.

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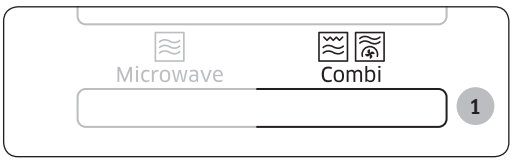
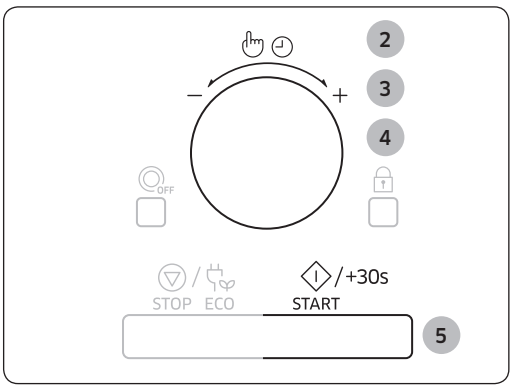
Open the door. Place the food on the rack best suited to the type of food to be cooked. Place the rack on the turntable. Close the door.





1. Press the **Combi** button.

Result: The following indications are displayed:

Cb - 1 (Microwave + Grill)

2. Make the display indicating Cb-1, and then press the **Multi Function Selector Dial**.

Result: The following indications are displayed:

(microwave & grill combi mode)

600 W (output power)

3. Select the appropriate power level by turning the **Multi Function Selector Dial** until the corresponding output power is displayed (600, 450, 300 W). At that time, press the **Multi Function Selector Dial** to set the power level.

- You cannot set the temperature of the grill.
- If don't set the temperature within 5 seconds, Automatically changes to the cooking time setting stage.

4. Set the cooking time by turning the **Multi Function Selector Dial**.

- The maximum cooking time is 60 minutes.

5. Press the **START/+30s** button.

Result: Combination cooking starts. When it has finished.

1) The oven beeps 4 times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

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Oven use

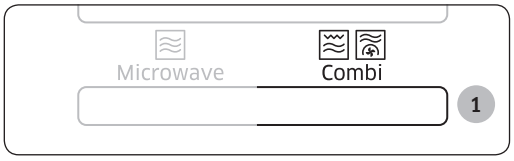
Combining microwaves and convection

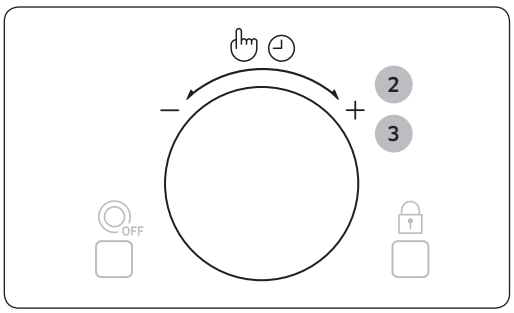
Combination cooking uses both microwave energy and convection heating. No preheating is required as the microwave energy is immediately available.
Many foods can be cooked in combination mode, particularly:

- Roast meats and poultry
- Pies and cakes
- Egg and cheese dishes

☛ IMPORTANT

ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.





☛ IMPORTANT

ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot. You can get better cooking and browning, if you use the low rack.

Open the door. Place the food on the turntable or on the low rack which should then be placed on the turntable. Close the door. The heating element must be in the horizontal position.

1. Press the **Combi** button.
Result: The following indications are displayed:
Cb - 1 (Microwave + Grill)

2. Make the display indicating Cb-2 (Microwave + Convection) by turning the **Multi Function Selector Dial**, and then press the **Multi Function Selector Dial**.

3. Select the appropriate power level by turning the **Multi Function Selector Dial** until the corresponding output power is displayed (600, 450, 300, 180, 100 W). At that time, press the **Multi Function Selector Dial** to set the power level.
- If don't set the power level within 5 seconds, Automatically changes to the cooking time setting stage. (Default : 180 °C)

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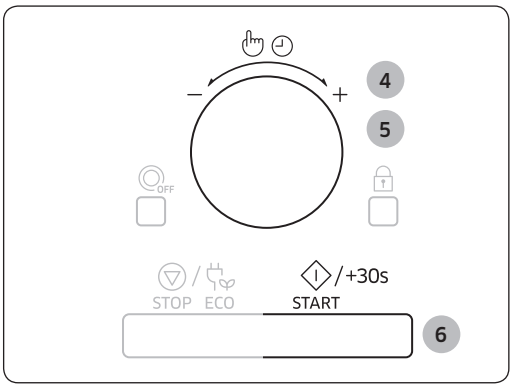

4. Select the appropriate temperature by turning the **Multi Function Selector Dial** (Temperature : 200~40 °C). At that time, press the **Multi Function Selector Dial** to set the power level.

- If don't set the temperature within 5 seconds, Automatically changes to the cooking time setting stage.

Result: The following indications are displayed:

(microwave & convection combi mode)
600 W (output power)
180 °C (temperature)

5. Set the cooking time by turning the **Multi Function Selector Dial**.

- The maximum cooking time is 60 minutes.

6. Press the **START/+30s** button.

Result: Combination cooking starts. The oven is heated to the required temperature and then microwave cooking continues until the cooking time is over. When it has finished.

1) The oven beeps 4 times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

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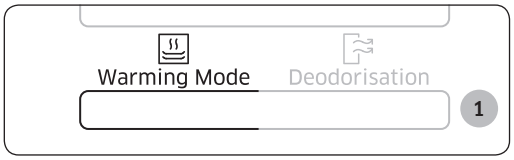
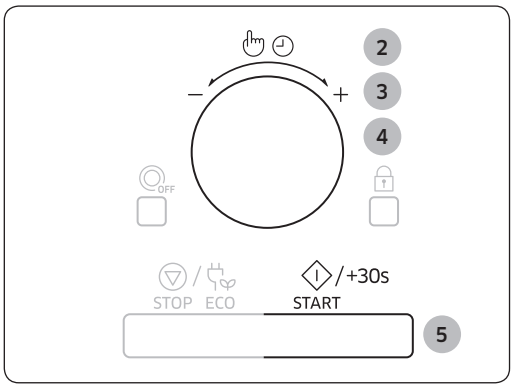
Oven use

Using the warming mode features

The **Warming Mode** features has Food Warming & Plate Warming pre-programmed function. You do not need to set either the cooking times or the power level.





1. Press the **Warming Mode** button.
2. Select the Keep Warm & Plate Warming that you are cooking by turning the **Multi Function Selector Dial**.
3. Press the **Multi Function Selector Dial**.
4. Select the Hot & Mild Mode by turning the **Multi Function Selector Dial**.
5. Press the **START/+30s** button.

   Result: The food is cooked according to the preprogrammed setting selected. When it has finished.

   1) The oven beeps 4 times.
   2) The end reminder signal will beep 3 times (once every minute).
   3) The current time is displayed again.

Recommend warming mode menu

Hot (1-1 / 2-1)	Lasagne, Soup, Gratin, Casserole, Pizza, Steak (Well done), Bacon, Fish dishes, Dry cakes
Mild (1-2 / 2-2)	Pie, Bread, Egg Dishes, Steak (Rare or Midium rare)

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1. Keep Warm

The Keep warm feature keeps food hot until it's served.

Use this function to keep food warm until ready to serve.

You can select warming temperature either hot or mild by turning the Dial Knob.
(Refer to the previous page for instructions.)

1-1. Hot

1-2. Mild

To use the Keep warm function, proceed as follows :

- Place the food in the centre of the turntable.
- Operate keep warm function.

☛ **IMPORTANT**

Do not use this function to reheat cold foods. This programmes are for keeping food warm that has just been cooked.

☛ **IMPORTANT**

Do not recommend food being kept warm for too long (more than 1 hour), as it will continue to cook. Warm food spoils more quickly.

☛ **IMPORTANT**

Do not cover with lids or plastic wrap.

☛ **IMPORTANT**

Use oven gloves when taking out food.

2. Plate Warming

You can serve perfectly warmed dishes with the plate warming feature.
Use this function to warm plates a hot or comfortable temperature.
You can select warming temperature either hot or mild by turning the **Dial Knob**.
(Refer to the previous page for instructions.)

2-1. Hot

2-2. Mild

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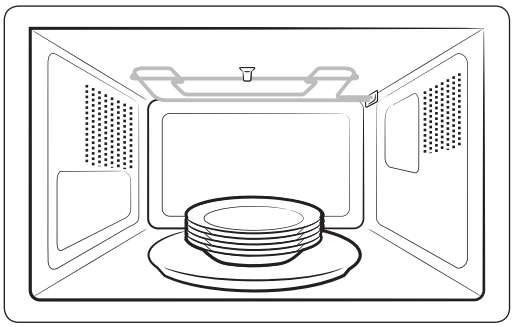
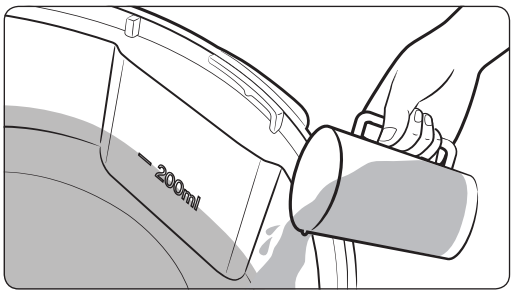
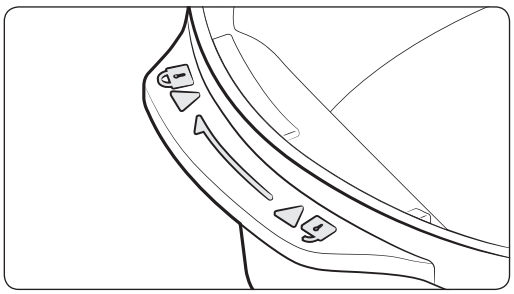
Oven use



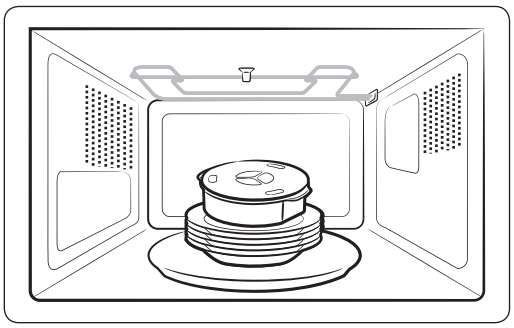
1. Place the plates in the centre of the turntable.
(Maximum Plates : 5 pcs)



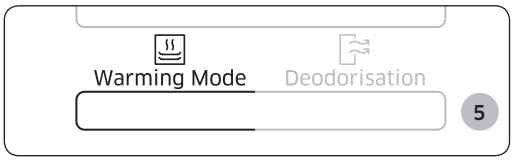
2. Fill with water following guide line (water level) inside the plate warming bowl.
(The line is about 200 ml.)



3. Cover the plate warming bowl with lid.
And then screw it toward “Lock”.



4. Put the plate warming bowl on the plates.



5. Close the Door. And then operate the plate warming function.

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☛ **IMPORTANT**

Use normal water only, and no distilled water.

☛ **IMPORTANT**

Do not use plate warming bowl for cooking. Plate Warming Bowl only can be used during “Plate Warming” mode.

☛ **IMPORTANT**

Use only plates that are microwave-safe.

☛ **IMPORTANT**

Do not use this function without water.

☛ **IMPORTANT**

Use oven gloves when taking out plates & plate warming bowl.

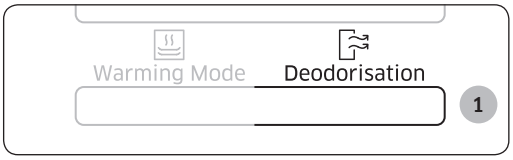
☛ **IMPORTANT**

DO NOT operate the **MW/Grill/Convection/ Combi** mode with plate warm only use for Plate warming function in Warming mode.

Operation Mode	Warming Mode	MW/Grill/ Convection/Combi
Plate warming bowl	O	X

Using the deodorisation feature

Use the feature after cooking odorous food or when there is a lot of smoke in the oven interior. First clean the oven interior.



1. Press the **Deodorisation** button than it will start automatically.

☛ **IMPORTANT**

The deodorisation time has been specified as 5 minutes.

☛ **IMPORTANT**

You can also adjust deodorisation time by pressing the **Start/+30s** button.

☛ **IMPORTANT**

The maximum deodorisation time is 15 minutes.

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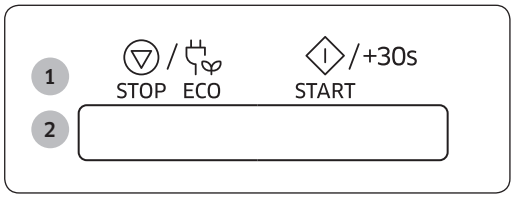
Oven use

Switching the beeper off

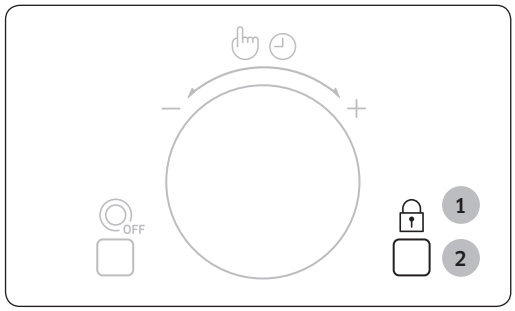
You can switch the beeper off whenever you want.



1. Press the **START/+30s** and **STOP/ECO** button at the same time.
   Result: The oven does not beep to indicate the end of a function.
2. To switch the beeper back on, press the **START/+30s** and **STOP/ECO** button again at the same time.
   Result: The oven operates normally.

Using the child lock features

Your microwave oven is fitted with a special child lock programme, which enables the oven to be “locked” so that children or anyone unfamiliar with it cannot operate it accidentally.



1. Press the **Child Lock** button for 3 second.
   Result:
   - The oven is locked (no functions can be selected).
   - The display shows “L”.

2. To unlock the oven, press the **Child Lock** button for 3 second.
   Result: The oven can be used normally.

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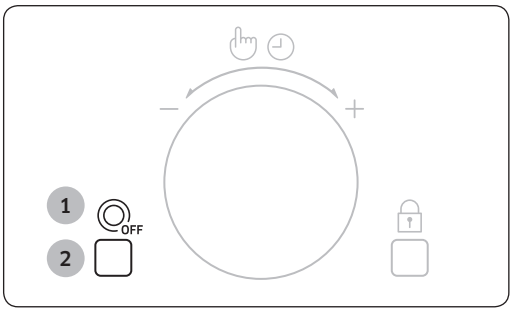
Using the turntable on/off features

The **Turntable On/Off** button enables you to use large dishes which fill the whole oven by stopping the turntable from rotating (only manual cooking mode).

☛ IMPORTANT

The results will be less satisfactory in this case as the cooking is less even.
We recommend that you turn the dish by hand halfway through the cooking process.



⚠ WARNING

Never operate the turntable without food in the oven.
Reason: This may cause fire or damage to the unit.

1. Press the **Turntable on/off** button during setting Microwave, Grill, Convection, Preheat and Combi function.
   - It is not available with pre-programmed function or before press the Microwave, Grill, Convection, Preheat and Combi button.

   Result: **Turntable on/off** symbol appears on the display, the turntable will not rotate during the cooking.
   OFF (Turntable off mode)
2. To switch the turntable rotating back on, press the **Turntable On/Off** button again.
   Result: **Turntable on/off** symbol disappears on the display, the turntable will rotate.

NOTE

This **Turntable On/Off** button is available only during cooking.

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Cookware guide

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used.

Care must therefore be taken when choosing the cookware. If the cookware is marked microwave-safe, you do not need to worry.

The following table lists various types of cookware and indicates whether and how they should be used in a microwave oven.

Cookware	Microwave-safe	Comments
Aluminum foil	✓✗	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Crust plate	✓	Do not preheat for more than 8 minutes.
China and earthenware	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim.
Disposable polyester cardboard dishes	✓	Some frozen foods are packaged in these dishes.
Fast-food packaging		
• Polystyrene cups containers	✓	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Paper bags or newspaper	✗	May catch fire.
• Recycled paper or metal trims	✗	May cause arcing.
Glassware		
• Oven-to-tableware	✓	Can be used, unless decorated with a metal trim.
• Fine glassware	✓	Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly.
• Glass jars	✓	Must remove the lid. Suitable for warming only.
Metal		
• Dishes	✗	May cause arcing or fire.
• Freezer bag twist ties	✗	

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Cookware	Microwave-safe	Comments
Paper		
• Plates, cups, napkins and kitchen paper	✓	For short cooking times and warming. Also to absorb excess moisture.
• Recycled paper	✗	May cause arcing.
Plastic		
• Containers	✓	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic.
• Cling film	✓	Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape.
• Freezer bags	✓✗	Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	✓	Can be used to retain moisture and prevent spattering.

✓ : Recommended ✓✗ : Use caution ✗ : Unsafe

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Cooking guide

Microwaves

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content.

The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

Cooking

Cookware for microwave cooking:

Cookware must allow microwave energy to pass through it for maximum efficiency. Microwaves are reflected by metal, such as stainless steel, aluminium and copper, but they can penetrate through ceramic, glass, porcelain and plastic as well as paper and wood. So food must never be cooked in metal containers.

Food suitable for microwave cooking:

Many kinds of food are suitable for microwave cooking, including fresh or frozen vegetables, fruit, pasta, rice, grains, beans, fish, and meat. Sauces, custard, soups, steamed puddings, preserves, and chutneys can also be cooked in a microwave oven. Generally speaking, microwave cooking is ideal for any food that would normally be prepared on a hob. Melting butter or chocolate, for example (see the chapter with tips, techniques and hints).

Covering during cooking

To cover the food during cooking is very important, as the evaporated water rises as steam and contributes to cooking process. Food can be covered in different ways: e.g. with a ceramic plate, plastic cover or microwave suitable cling film.

Standing times

After cooking is over food the standing time is important to allow the temperature to even out within the food.

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Cooking Guide for frozen vegetables

Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer.
Stir twice during cooking and once after cooking. Add salt, herbs or butter after cooking. Cover during standing time.

Food	Serving Size	Power	Time (min.)
Spinach	150 g	600 W	5-6
	Instructions Add 15 ml (1 tbsp) cold water. Serve after 2-3 minutes standing.		
Broccoli	300 g	600 W	8-9
	Instructions Add 30 ml (2 tbsp) cold water. Serve after 2-3 minutes standing.		
Peas	300 g	600 W	7-8
	Instructions Add 15 ml (1 tbsp) cold water. Serve after 2-3 minutes standing.		
Green Beans	300 g	600 W	7½-8½
	Instructions Add 30 ml (2 tbsp) cold water. Serve after 2-3 minutes standing.		
Mixed Vegetables (Carrots/Peas/Corn)	300 g	600 W	7-8
	Instructions Add 15 ml (1 tbsp) cold water. Serve after 2-3 minutes standing.		
Mixed Vegetables (Chinese style)	300 g	600 W	7½-8½
	Instructions Add 15 ml (1 tbsp) cold water. Serve after 2-3 minutes standing.		

Cooking guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbsp) for every 250 g unless another water quantity is recommended – see table. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

Hint: Cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

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Cooking guide

Food	Serving Size	Power	Time (min.)
Broccoli	250 g 500 g	900 W	4½-5 7-8
	Instructions Prepare even sized florets. Arrange the stems to the centre. Serve after 3 minutes standing.		
Brussels Sprouts	250 g	900 W	6-6½
	Instructions Add 60-75 ml (5-6 tbsp) water. Serve after 3 minutes standing.		
Carrots	250 g	900 W	5-5½
	Instructions Cut carrots into even sized slices. Serve after 3 minutes standing.		
Cauliflower	250 g 500 g	900 W	5-5½ 7½-8½
	Instructions Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre. Serve after 3 minutes standing.		
Courgettes	250 g	900 W	4-4½
	Instructions Cut courgettes into slices. Add 30 ml (2 tbsp) water or a knob of butter. Cook until just tender. Serve after 3 minutes standing.		
Egg plants	250 g	900 W	3½-4
	Instructions Cut egg plants into small slices and sprinkle with 1 tbsp lemon juice. Serve after 3 minutes standing.		
Leeks	250 g	900 W	4-4½
	Instructions Cut leeks into thick slices. Serve after 3 minutes standing.		
Mushrooms	125 g 250 g	900 W	1½-2 2½-3
	Instructions Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving. Serve after 3 minutes standing.		
Onions	250 g	900 W	5-5½
	Instructions Cut onions into slices or halves. Add only 15 ml (1 tbsp) water. Serve after 3 minutes standing.		

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Food	Serving Size	Power	Time (min.)
Pepper	250 g	900 W	4½-5
	Instructions Cut pepper into small slices. Serve after 3 minutes standing.		
Potatoes	250 g 500 g	900 W	4-5 7-8
	Instructions Weigh the peeled potatoes and cut them into similar sized halves or quarters. Serve after 3 minutes standing.		
Turnip Cabbage	250 g	900 W	5½-6
	Instructions Cut turnip cabbage into small cubes. Serve after 3 minutes standing.		

Cooking guide for rice and pasta

Rice: Use a large glass pyrex bowl with lid - rice doubles in volume during cooking. Cook covered. After the cooking time is over, stir before standing time and salt or add herbs and butter. Remark: the rice may not have absorbed all water after the cooking time is finished.

Pasta: Use a large glass pyrex bowl. Add boiling water, a pinch of salt and stir well. Cook uncovered. Stir occasionally during and after cooking. Cover during standing time and drain thoroughly afterwards.

Food	Serving Size	Power	Time (min.)
White Rice (Parboiled)	250 g 375 g	900 W	15-16 17½-18½
	Instructions Add cold water of double quantity. Serve after 5 minutes standing.		
Brown Rice (Parboiled)	250 g 375 g	900 W	20-21 22-23
	Instructions Add cold water of double quantity. Serve after 5 minutes standing.		
Mixed Rice (Rice + Wild Rice)	250 g	900 W	16-17
	Instructions Add 500 ml cold water. Serve after 5 minutes standing.		
Mixed Corn (Rice + Grain)	250 g	900 W	17-18
	Instructions Add 400 ml cold water. Serve after 5 minutes standing.		

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Cooking guide

Food	Serving Size	Power	Time (min.)
Pasta	250 g	900 W	10-11
	Instructions Add 1000 ml hot water. Serve after 5 minutes standing.		
Instant Noodle	1 Small pack (80 g) 1 Big pack (120 g)	900 W	7-7½ 9-9½
	Instructions Use a glass pyrex bowl. Put the noodle and add room temperature 350 ml water in bowl. Cook covered with wrap and pierce at several times. After cooking, drain water and mix instant noodle spices.		

Reheating

Your microwave oven will reheat food in a fraction of the time that conventional ovens hobs normally take.
Use the power levels and reheating times in the following chart as a guide. The times in the chart consider liquids with a room temperature of about +18 to +20 °C or a chilled food with a temperature of about +5 to +7 °C.

Arranging and covering

Avoid reheating large items such as joint of meat - they tend to overcook and dry out before the centre is piping hot. Reheating small pieces will be more successful.

Power levels and stirring

Some foods can be reheated using 900 W power while others should be reheated using 600 W, 450 W or even 300 W. Check the tables for guidance.

In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example).

Stir well or turn food over during reheating for best results. When possible, stir again before serving.

Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating. Keep them in the microwave oven during standing time. We recommend putting a plastic spoon or glass stick into the liquids. Avoid overheating (and therefore spoiling) the food. It is preferable to underestimate cooking time and add extra heating time, if necessary.

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Heating and standing times

When reheating food for the first time, it is helpful to make a note of the time taken - for future reference.

Always make sure that the reheated food is piping hot throughout.

Allow food to stand for a short time after reheating - to let the temperature even out.

The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart.

Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

Reheating liquids

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.

Reheating baby food

Baby food:

Empty into a deep ceramic plate. Cover with plastic lid. Stir well after reheating! Let stand for 2-3 minutes before serving. Stir again and check the temperature. Recommended serving temperature: between 30-40 °C.

Baby milk:

Pour milk into a sterilised glass bottle. Reheat uncovered. Never heat a baby's bottle with teat on, as the bottle may explode if overheated. Shake well before standing time and again before serving ! Always carefully check the temperature of baby milk or food before giving it to the baby. Recommended serving temperature: ca. 37 °C.

Remark:

Baby food particularly needs to be checked carefully before serving to prevent burns. Use the power levels and times in the next table as a guide lines for reheating.

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Cooking guide

Reheating liquids and food

Use the power levels and times in this table as a guide lines for reheating.

Food	Serving Size	Power	Time (min.)
Drinks (Coffee, Tea and Water)	150 ml (1 cup) 300 ml (2 cups) 450 ml (3 cups) 600 ml (4 cups)	900 W	1-1½ 2-2½ 3-3½ 3½-4
	Instructions Pour into cups and reheat uncovered: 1 cup in the centre, 2 cups opposite of each other, 3 cups in a circle. Keep in microwave oven during standing time and stir well. Serve after 1-2 minutes standing.		
Soup (Chilled)	250 g 350 g 450 g 550 g	900 W	2½-3 3-3½ 3½-4 4½-5
	Instructions Pour into a deep ceramic plate or deep ceramic bowl. Cover with plastic lid. Stir well after reheating. Stir again before serving. Serve after 2-3 minutes standing.		
Stew (Chilled)	350 g	600 W	4½-5½
	Instructions Put stew in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving. Serve after 2-3 minutes standing.		
Pasta with Sauce (Chilled)	350 g	600 W	3½-4½
	Instructions Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling film. Stir before serving. Serve after 3 minutes standing.		
Filled Pasta with Sauce (Chilled)	350 g	600 W	4-5
	Instructions Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving. Serve after 3 minutes standing.		

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Food	Serving Size	Power	Time (min.)
Plated Meal (Chilled)	350 g 450 g 550 g	600 W	4½-5 5½-6½ 6½-7½
	Instructions Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film. Serve after 3 minutes standing.		
Cheese Fondue Ready-to-Serve (Chilled)	400 g	600 W	6-7
	Instructions Put the ready-to-serve cheese fondue in a suitable sized glass pyrex bowl with lid. Stir occasionally during and after reheating. Stir well before serving. Serve after 1-2 minutes standing.		

Reheating baby food and milk

Use the power levels and times in this table as guide lines for reheating.

Food	Serving Size	Power	Time
Baby Food (Vegetables + Meat)	190 g	600 W	30 sec.
	Instructions Empty into ceramic deep plate. Cook covered. Stir after cooking time. Before serving, stir well and check the temperature carefully. Serve after 2-3 minutes standing.		
Baby Porridge (Grain + Milk + Fruit)	190 g	600 W	20 sec.
	Instructions Empty into ceramic deep plate. Cook covered. Stir after cooking time. Before serving, stir well and check the temperature carefully. Serve after 2-3 minutes standing.		
Baby Milk	100 ml 200 ml	300 W	30-40 sec. 1 min. to 1 min. 10 sec.
	Instructions Stir or shake well and pour into a sterilized glass bottle. Place into the centre of turntable. Cook uncovered. Before serving, shake well and check the temperature carefully. Serve after 2-3 minutes standing.		

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Cooking guide

Defrosting

Microwaves are an excellent way of defrosting frozen food. Microwaves gently defrost frozen food in a short period of time. This can be of great advantage, if unexpected guests suddenly show up.

Frozen poultry must be thoroughly thawed before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away.

Put the frozen food on a dish without cover. Turn over half way, drain off any liquid and remove any giblets as soon as possible. Check the food occasionally to make sure that it does not feel warm.

If smaller and thinner parts of the frozen food start to warm up, they can be shield by wrapping very small strips of aluminium foil around them during defrosting.

Should poultry start to warm up on the outer surface, stop thawing and allow it to stand for 20 minutes before continuing.

Leave the fish, meat and poultry to stand in order to complete defrosting. The standing time for complete defrosting will vary depending on the quantity defrosted. Please refer to the table below.

Hint: Flat food defrosts better than thick and smaller quantities need less time than bigger ones. Remember this hint while freezing and defrosting food.

For defrosting of frozen food with a temperature of about -18 to -20 °C, use the following table as a guide.

Food	Serving Size	Power	Time (min.)
Meat			
Minced Meat	250 g 500 g	180 W	6-7 8-13
Pork Steaks	250 g	180 W	7-8
	Instructions Place the meat on turntable. Shield thinner edges with aluminium foil. Turn over after half of defrosting time! Serve after 15-30 minutes standing.		

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Food	Serving Size	Power	Time (min.)
Poultry			
Chicken Pieces	500 g (2 pcs)	180 W	14-15
Whole Chicken	1200 g	180 W	32-34
	Instructions First, put chicken pieces first skin-side down, whole chicken first breast-side-down on a flat ceramic plate. Shield the thinner parts like wings and ends with aluminium foil. Turn over after half of defrosting time! Serve after 15-60 minutes standing.		
Fish			
Fish Fillets	200 g	180 W	6-7
Whole Fish	400 g	180 W	11-13
	Instructions Put frozen fish in the middle of a flat ceramic plate. Arrange the thinner parts under the thicker parts. Shield narrow ends of fillets and tail of whole fish with aluminium foil. Turn over after half of defrosting time! Serve after 10-25 minutes standing.		
Fruits			
Berries	300 g	180 W	6-7
	Instructions Spread fruit on a flat, round glass dish (with a large diameter). Serve after 5-10 minutes standing.		
Bread			
Bread Rolls (each ca. 50 g)	2 pcs 4 pcs	180 W	1-1½ 2½-3
Toast/Sandwich	250 g	180 W	4-4½
German bread (wheat + rye flour)	500 g	180 W	7-9
	Instructions Arrange rolls in a circle or bread horizontally on kitchen paper in the middle of turntable. Turn over after half of defrosting time! Serve after 5-20 minutes standing.		

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Cooking guide

Grill

The grill-heating element is located underneath the ceiling of the cavity. It operates while the door is closed and the turntable is rotating. The turntable's rotation makes the food brown more evenly. Preheating the grill for 3-5 minutes will make the food brown more quickly.

Cookware for grilling:

Should be flameproof and may include metal. Do not use any type of plastic cookware, as it can melt.

Food suitable for grilling:

Chops, sausages, steaks, hamburgers, bacon and gammon rashers, thin fish portions, sandwiches and all kinds of toast with toppings.

Important remark:

Whenever the grill only mode is used, please remember that food must be placed on the high rack, unless another instruction is recommended.

Microwave + Grill

This cooking mode combines the radiant heat that is coming from the grill with the speed of microwave cooking. It operates only while the door is closed and the turntable is rotating. Due to the rotation of the turntable, the food browns evenly. Three combination modes are available with this model: 600 W + Grill, 450 W + Grill and 300 W + Grill.

Cookware for cooking with microwave + grill

Please use cookware that microwaves can pass through. Cookware should be flameproof. Do not use metal cookware with combination mode. Do not use any type of plastic cookware, as it can melt.

Food suitable for microwave + grill cooking:

Food suitable for combination mode cooking include all kinds of cooked food which need reheating and browning (e.g. baked pasta), as well as foods which require a short cooking time to brown the top of the food. Also, this mode can be used for thick food portions that benefit from a browned and crispy top (e.g. chicken pieces, turning them over half way through cooking). Please refer to the grill table for further details.

Important remark:

Whenever the combination mode (microwave + grill) is used, the food should be placed on the high rack, unless another instruction is recommended. Please refer to the instructions in the following chart.
The food must be turned over, if it is to be browned on both sides.

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Grill guide for fresh food

Preheat the grill with the grill-function for 2-3 minutes.
Use the power levels and times in this table as guide lines for grilling.
Use oven gloves when taking out.

Fresh food	Serving Size	Power	1 step (min.)	2 step (min.)
Toast Slices	4 pcs (each 25 g)	Grill only	4-4½	3-4
	Instructions Put toast slices side by side on the high rack.			
Grilled Tomatoes	400 g (2 pcs)	300 W + Grill	6-8	-
	Instructions Cut tomatoes into halves. Put some cheese on top. Arrange in a circle in a flat glass pyrex dish. Place it on the high rack. Stand for 2-3 minutes.			
Tomato-Cheese Toast	4 pcs (300 g)	300 W + Grill	5½-7½	-
	Instructions Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes.			
Toast Hawaii (Ham, Pineapple, Cheese slices)	4 pcs (500 g)	300 W + Grill	6-8	-
	Instructions Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes.			
Baked Potatoes	500 g	600 W + Grill	12-14	-
	Instructions Cut potatoes into halves. Put them in a circle on the high rack with the cut side to the grill.			
Gratin Potatoes/ Vegetables (Chilled)	450 g	450 W + Grill	11-13	-
	Instructions Put the fresh gratin into a small glass pyrex dish. Put the dish on the high rack. After cooking stand for 2-3 minutes.			
Baked Apples	2 apples (ca. 400 g)	300 W + Grill	7-8	-
	Instructions Core the apples and fill them with raisins and jam. Put some almond slices on top. Put apples on a flat glass pyrex dish. Place the dish directly on the low rack.			
Chicken Pieces	500 g (2 pcs)	300 W + Grill	10-12	9-11
	Instructions Brush chicken pieces with oil and spices. Put them in a circle on the high rack. After grilling stand for 2-3 minutes.			

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Cooking guide

Fresh food	Serving Size	Power	1 step (min.)	2 step (min.)
Roast Chicken	1200 g	450 W + Grill	22-23	21-22
	Instructions Brush the chicken oil and spices. Put the chicken on the low rack. After grilling stand for 5 minutes.			
Roast Fish	400-500 g	300 W + Grill	6-8	7-8
	Instructions Brush skin of whole fish with oil and add herbs and spices. Put two fishes side by side (head to tail) on the high rack. After grilling stand for 2-3 minutes.			
Plantain	1 ea (200 g)	1 step 450 W + Grill 2 step Grill	7-7½	4-5
	Instructions Peel and slice plantain 1 cm thick and put on the grill rack. Brush all sides with oil. If plantain becomes soft, reduce time 1-2 minute soft type. Stand for 1-2 minutes.			
Yam	200 g	450 W + Grill	11-11½	-
	Instructions Peel and slice yam 1.5 cm thick and brush all sides with oil. Put on the high rack and cook. Stand for 1-2 minutes.			

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Convection

Cooking with convection is the traditional and well known method of cooking food in a traditional oven with hot air.
The heating element and the fan position is at the back-wall, so that the hot air is circulating. This mode is supported by the top heating element.

Cookware for convection cooking:

All conventional ovenproof cookware, baking tins and sheets – anything you would normally use in a traditional convection oven – can be used.

Food suitable for convection cooking:

All biscuits, individual scones, rolls and cakes should be made by this mode as well as rich fruit cakes, choux pastry and soufflés.

Microwave + Convection

This mode combines the microwave energy with the hot air and is therefore reducing the cooking time while giving the food a brown and crispy surface.
Cooking with convection is the traditional and well known method of cooking food in an oven with hot air circulated by a fan on the back-wall.

Cookware for cooking with microwaves + convection:

Should be able to let the microwaves pass through. Should be ovenproof (like glass, pottery or china without metal trims); similar to the cookware described under Microwave + Grill.

Food suitable for microwave + convection cooking:

All kinds of meats and poultry as well as casseroles and gratin dishes, sponge cakes and light fruit cakes, pies and crumbles, roast vegetables, scones and breads.

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Cooking guide

Convection guide for fresh and frozen food

Preheat the convection with the auto pre-heat function to the desired temperature. Use the power levels and times in this table as guide lines for convection cooking. Use oven gloves when taking out.

Fresh food	Serving Size	Power	1 step (min.)	2 step (min.)
Pizza Frozen Pizza (Ready baked)	300-400 g	1 step 300 W + 200 °C 2 step Convt. 180 °C	7-9	5-6
	Instructions Place the pizza on the low rack. After baking stand for 2-3 minutes.			
Pasta Frozen Lasagne	400 g	1 step 450 W + 200 °C 2 step Convt. 200 °C	16-18	3-4
	Instructions Put into a suitable sized glass pyrex dish or leave in the original packaging (take care that this is suitable for microwaves and oven heat). Put frozen pasta gratin on the low rack. After cooking stand for 2-3 minutes.			
Meat Roast Beef/Roast Lamb (Medium)	1200-1300 g	600 W + 180 °C	20-23	10-13
	Instructions Brush beef/lamb with oil and spice it with pepper, salt and paprika. Put it on the low rack, first with the fat side down. After cooking wrap in aluminium foil and stand for 10-15 minutes.			
Roast Chicken	1000-1100 g	1 step 450 W + 200 °C 2 step 450 W + Grill	20-22	22-23½
	Instructions Brush chicken with oil and spices. Put chicken first breast side down, second side breast side up on the low rack. Stand for 5 minutes.			
Bread Fresh Bread Rolls	6 pcs (350 g)	100 W + 180 °C	8-10	-
	Instructions Put bread rolls in a circle on the low rack. Stand for 2-3 minutes.			
Garlic Bread (Chilled, Prebaked)	200 g (1 pc)	180 W + 200 °C	8-10	-
	Instructions Put the chilled baguette on baking paper on the low rack. After baking stand for 2-3 minutes.			

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Fresh food	Serving Size	Power	1 step (min.)	2 step (min.)
Cake				
Marble Cake (Fresh Dough)	500 g	Only 180 °C	38-43	-
	Instructions Put the fresh dough in a small rectangular black metal baking dish (length 25 cm). Put the cake on the low rack. After baking stand for 5-10 minutes.			
Small Cakes (Fresh Dough)	10 x 28 g	Only 160 °C	31-34	-
	Instructions Fill the fresh dough evenly in paper cups and set on baking tray on the low rack. After baking stand for 5 minutes.			
Cookies (Fresh Dough)	200-250 g	Only 200 °C	15-20	-
	Instructions Put the chilled croissants on baking paper on the low rack.			
Frozen Cake	1000 g	180 W + 180 °C	18-20	-
	Instructions Put the frozen cake directly on the low rack. After defrost and warming stand for 15-20 minutes.			

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Cooking guide

Tips and tricks

Melting butter

Put 50 g butter into a small deep glass dish. Cover with plastic lid.
Heat for 30-40 seconds using 900 W, until butter is melted.

Melting chocolate

Put 100 g chocolate into a small deep glass dish.
Heat for 3-5 minutes, using 450 W until chocolate is melted.
Stir once or twice during melting. Use oven gloves while taking out!

Melting crystallized honey

Put 20 g crystallized honey into a small deep glass dish.
Heat for 20-30 seconds using 300 W, until honey is melted.

Melting gelatine

Lay dry gelatine sheets (10 g) for 5 minutes into cold water.
Put drained gelatine into a small glass pyrex bowl.
Heat for 1 minute using 300 W. Stir after melting.

Cooking glaze/icing (for cake and gateaux)

Mix instant glaze (approximately 14 g) with 40 g sugar and 250 ml cold water. Cook uncovered in a glass pyrex bowl for 3½ to 4½ minutes using 900 W, until glaze/icing is transparent. Stir twice during cooking.

Cooking jam

Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid. Add 300 g preserving sugar and stir well. Cook covered for 10-12 minutes using 900 W.
Stir several times during cooking. Empty directly into small jam glasses with twist-off lids. Stand on lid for 5 minutes.

Cooking pudding

Mix pudding powder with sugar and milk (500 ml) by following the manufacturers instructions and stir well. Use a suitable sized glass pyrex bowl with lid. Cook covered for 6½ to 7½ minutes using 900 W. Stir several times well during cooking.

Browning almond slices

Spread 30 g sliced almonds evenly on a medium sized ceramic plate.

Stir several times during browning for 3½ to 4½ minutes using 600 W.

Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!

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Troubleshooting

Troubleshooting

If you have any of the problems listed below try the solutions given.

Problem	Cause	Action
General		
The buttons cannot be pressed properly.	Foreign matter may be caught between the buttons.	Remove the foreign matter and try again.
	For touch models: Moisture is on the exterior.	Wipe the moisture from the exterior.
	Child lock is activated.	Deactivate Child lock.
The time is not displayed.	Power is not supplied.	Make sure power is supplied.
	The Eco (power-saving) function is set.	Turn off the Eco function.
The oven does not work.	Power is not supplied.	Make sure power is supplied.
	The door is open.	Close the door and try again.
	The door open safety mechanisms are covered in foreign matter.	Remove the foreign matter and try again.
The oven stops while in operation.	The user has opened the door to turn food over.	After turning over the food, press the START/+30s button again to start operation.
The power turns off during operation.	The oven has been cooking for an extended period of time.	After cooking for an extended period of time, let the oven cool.
	The cooling fan is not working.	Listen for the sound of the cooling fan.
	Trying to operate the oven without food inside.	Put food in the oven.
	There is not sufficient ventilation space for the oven.	There are intake/exhaust outlets on the front and rear of the oven for ventilation. Keep the gaps specified in the product installation guide.
	Several power plugs are being used in the same socket.	Designate only one socket to be used for the oven.
There is no power to the oven.	Power is not supplied.	Make sure power is supplied.

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Troubleshooting

Problem	Cause	Action
There is a popping sound during operation, and the oven doesn't work.	Cooking sealed food or using a container with a lid may causes popping sounds.	Do not use sealed containers as they may burst during cooking due to expansion of the contents.
The oven exterior is too hot during operation.	There is not sufficient ventilation space for the oven.	There are intake/exhaust outlets on the front and rear of the oven for ventilation. Keep the gaps specified in the product installation guide.
	Objects are on top of the oven.	Remove all objects on the top of the oven.
The door cannot be opened properly.	Food residue is stuck between the door and oven interior.	Clean the oven and then open the door.
The oven does not heat.	The oven may not work, too much food is being cooked, or improper cookware is being used.	Put one cup of water in a microwave-safe container and run the microwave for 1-2 minutes to check whether the water is heated. Reduce the amount of food and start the function again. Use a cooking container with a flat bottom.
Heating is weak or slow.	The oven may not work, too much food is being cooked, or improper cookware is being used.	Put one cup of water in a microwave-safe container and run the microwave for 1-2 minutes to check whether the water is heated. Reduce the amount of food and start the function again. Use a cooking container with a flat bottom.
The warm function does not work.	The oven may not work, too much food is being cooked, or improper cookware is being used.	Put one cup of water in a microwave-safe container and run the microwave for 1-2 minutes to check whether the water is heated. Reduce the amount of food and start the function again. Use a cooking container with a flat bottom.

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Problem	Cause	Action
The thaw function does not work.	The oven may not work, too much food is being cooked, or improper cookware is being used.	Put one cup of water in a microwave-safe container and run the microwave for 1-2 minutes to check whether the water is heated. Reduce the amount of food and start the function again. Use a cooking container with a flat bottom.
The interior light is dim or does not turn on.	The door has been left open for a long time.	The interior light may automatically turn off when the Eco function operates. Close and reopen the door or press the **Cancel** button.
	The interior light is covered by foreign matter.	Clean the inside of the oven and check again.
A beeping sound occurs during cooking.	If the Auto Cook function is being used, this beeping sound means it's time to turn over the food during thawing.	After turning over the food, press the **START/+30s** button again to restart operation.
The oven is not level.	The oven is installed on an uneven surface.	Make sure the oven is installed on flat, stable surface.
There are sparks during cooking.	Metal containers are used during the oven/thawing functions.	Do not use metal containers.
When power is connected, the oven immediately starts to work.	The door is not properly closed.	Close the door and check again.
There is electricity coming from the oven.	The power or power socket is not properly grounded.	Make sure the power and power socket are properly grounded.
There is water dripping.	There may be water or steam in some cases depending on the food. This is not an oven malfunction.	Let the oven cool and then wipe with a dry dish towel.
There is steam through a crack in the door.	There may be water or steam in some cases depending on the food. This is not an oven malfunction.	Let the oven cool and then wipe with a dry dish towel.
There is water left in the oven.	There may be water or steam in some cases depending on the food. This is not an oven malfunction.	Let the oven cool and then wipe with a dry dish towel.

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Troubleshooting

Problem	Cause	Action
The brightness inside the oven varies.	Brightness changes depending on power output changes according to function.	Power output changes during cooking are not malfunctions. This is not an oven malfunction.
Cooking is finished, but the cooling fan is still running.	To ventilate the oven, the cooling fan continues to run for about 3 minutes after cooking is complete.	This is not an oven malfunction.
Pressing the +START/+30s button operates the oven.	This happens when the oven was not operating.	The microwave oven is designed to operate by pressing the START/+30s button when it was not operating.
Turntable		
While turning, the turntable comes out of place or stops turning.	There is no roller ring, or the roller ring is not properly in place.	Install the roller ring and then try again.
The turn table drags while turning.	The roller ring is not properly in place, there is too much food, or the container is too large and touches the inside of the microwave.	Adjust the amount of food and do not use containers that are too large.
The turn table rattles while turning and is noisy.	Food residue is stuck to the bottom of the oven.	Remove any food residue stuck to the bottom of the oven.
Grill		
Smoke comes out during operation.	During initial operation, smoke may come from the heating elements when you first use the oven.	This is not a malfunction, and if you run the oven 2-3 times, it should stop.
	Food is on the heating elements.	Let the oven cool and then remove the food from the heating elements.
	Food is too close to the grill.	Put the food a suitable distance away while cooking.
	Food is not properly prepared and/or arranged.	Make sure food is properly prepared and arranged.
Oven		
The oven does not heat.	The door is open.	Close the door and try again.

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Problem	Cause	Action
Smoke comes out during preheating.	During initial operation, smoke may come from the heating elements when you first use the oven.	This is not a malfunction, and if you run the oven 2-3 times, it should stop.
	Food is on the heating elements.	Let the oven cool and then remove the food from the heating elements.
There is a burning or plastic smell when using the oven.	Plastic or non heat-resistant cookware is used.	Use glass cookware suitable for high temperatures.
There is a bad smell coming from inside the oven.	Food residue or plastic has melted and stuck to the interior.	Use the steam function and then wipe with a dry cloth. You can put a lemon slice inside and run the oven to remove the odour more quickly.
The oven does not cook properly.	The oven door is frequently opened during cooking.	Do not frequently open the door unless you are cooking things that need to be turned. If you open the door often, the interior temperature will be lowered and this may affect the results of your cooking.
	The oven controls are not correctly set.	Correctly set the oven controls and try again.
	The grill or other accessories are not correctly inserted.	Correctly insert the accessories.
	The wrong type or size of cookware is used.	Reset the oven controls or use suitable cookware with flat bottoms.

NOTE

If the above guidelines do not enable you to solve the problem, then contact your local SAMSUNG customer service centre.

Please have the following information read;

- The model and serial numbers, normally printed on the rear of the oven
- Your warranty details
- A clear description of the problem

Then contact your local dealer or SAMSUNG aftersales service.

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Troubleshooting

Information codes

Check code	Cause	Action
C-20	Temperature sensor is needed to check.	Press the Stop/Cancle button and operate again. If it occurs again, turn off the microwave oven over 30 seconds and try setting again. If it appears again, call your local SAMSUNG Customer Care Centre.
C-21	Temperature sensor detect higher temperature than setting temperature.	Turn off the microwave oven for cooling the product and then try setting again. If it appears again, call your local SAMSUNG Customer Care Centre.
C-d0	Control buttons are pressed over 10 seconds.	Clean the keys and check if there is water on the surface around key. If it occurs again, turn off the microwave oven over 30 seconds and try setting again. If it appears again, call your local SAMSUNG Customer Care Centre.

NOTE

For any codes not listed above, or if the suggested solution does not solve the problem, contact your local SAMSUNG Customer Care Centre.

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Technical specifications

SAMSUNG strives to improve its products at all times. Both the design specifications and these user instructions are thus subject to change without notice.

Model	MC32J7035**
Power source	230 V ~ 50 Hz AC
Power consumption Maximum power Microwave Grill (heating element) Convection (heating element)	 2900 W 1400 W 1500 W Max. 2100 W
Output power	100 W / 900 W - 6 levels (IEC-705)
Operating frequency	2450 MHz
Dimensions (W x H x D) Outside Oven cavity	 523 x 309 x 506 mm 373 x 233 x 370 mm
Volume	32 liter
Weight Net	 20.0 kg approx.

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